

“I have been passionately involved with sumi-e since moving to the Pacific Northwest. After a Chi Gong exercise session or mediation, the rhythm and subtle sound of grinding the ink stick with water against the ink stone further quiets my mind. The earthy scent of ink, the brush contacting the rice paper, engages all my senses as my brush dance manifests the subject's spirit. With a single brush a great variety of strokes, ink tones and washes create a deceptive simplicity, a total connection of the senses, and the art of being totally in the now with the Four Treasures (brush, ink sticks, ink stone and paper).”

Ellen Miffitt